

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1-26. (canceled)

27. (previously presented) An apparatus for muscular stimulation of a user, which apparatus comprises a pressure sensor, a control unit to which pressure values sensed by the pressure sensor are fed, and a vibrational stimulator for applying vibrational stimulation to a user, wherein the vibrational stimulator is activated by the control unit in response to the pressure sensor sensing an applied pressure which exceeds a threshold pressure value and wherein the vibrational stimulator can apply vibrational stimulation to a user via a unit which can reciprocally move relative to a user in response to the pressure sensor sensing an applied pressure which exceeds the threshold pressure.

28. (previously presented) The apparatus according to claim 27, wherein the vibrational stimulator is deactivated when the pressure sensor ceases to sense an applied pressure which exceeds the threshold pressure value.

29. (previously presented) The apparatus according to claim 27, which comprises a first set of pressure sensors for detecting pressure applied through the hands of a user.

30. (previously presented) The apparatus according to claim 29, wherein the first set of

pressure sensors detects pressure applied to a bar against which a user can push or pull with their hands.

31. (previously presented) The apparatus according to claim 27, which comprises a second set of pressure sensors for detection of pressure applied through the feet of a user.

32. (previously presented) The apparatus according to claim 31, wherein the second set of pressure sensors detects pressure applied to a plate against which a user can push with their feet.

33. (previously presented) The apparatus according to claim 27, which comprises a first set of pressure sensors for detecting pressure applied through the hands of a user and a second set of pressure sensors for detection of pressure applied through the feet of a user.

34. (previously presented) The apparatus according to claim 27, wherein the pressure sensor comprises a strain gauge.

35. (previously presented) The apparatus according to claim 27 for use by a supine user.

36. (previously presented) The apparatus according to claim 27, wherein the control unit comprises a central processing unit.

37. (previously presented) The apparatus according to claim 27, wherein the control unit allows a user to set at least one of the frequency, amplitude and direction of vibrations generated by the vibrational stimulator.

38. (previously presented) The apparatus according to claim 27, wherein the control unit stores information concerning use of the apparatus by a user.

39. (previously presented) The apparatus according to claim 27 further comprising display means for viewing during use of the apparatus by a user.

40. (previously presented) The apparatus according to claim 27, which comprises a corresponding number of vibration stimulators and pressure sensors.

41. (previously presented) The apparatus according to claim 40, which comprises a first vibrational stimulator associated with a first set of pressure sensors for detecting pressure applied through the hands of a user.

42. (previously presented) The apparatus according to claim 41, wherein the first set of pressure sensors and first vibrational stimulator are associated with a bar against which a user can push or pull with their hands.

43. (previously presented) The apparatus according to claim 40, which comprises a second vibrational stimulator associated with a second set of pressure sensors for detecting pressure applied through the feet of a user.

44. (previously presented) The apparatus according to claim 43, wherein the second set of pressure sensors and second vibrational stimulator are associated with a plate against which a user can push with their feet.

45. (previously presented) The apparatus according to claim 27, wherein the vibrational stimulator can deliver vibrational stimulation to a user in at least one of a plurality of amplitudes, frequencies and directions.

46. (previously presented) The apparatus according to claim 45, wherein the vibrational stimulator comprises at least one individual vibration engine, which is controlled electronically according to parameters stored by the control unit.

47. (previously presented) The apparatus according to claim 46, wherein the parameters are manually set by a user prior to use of the apparatus.

48. (previously presented) The apparatus according to claim 27, which comprises a bar to which a user can apply pressure through their hands, which bar is reciprocally moveable relative to the user.

49. (previously presented) The apparatus according to claim 27, which comprises a plate to which a user can apply pressure through their feet, which plate is reciprocally moveable.

50. (previously presented) The apparatus according to claim 27, wherein the reciprocal movement is at least one movement selected from the group consisting of a movement substantially towards and away from a user in the plane of symmetry of the user, a movement laterally in a plane substantially orthogonal to the plane of symmetry of a user, a combination of movements in both of said planes, a circular movement in one or both of said planes, and a combination of any of such movements.

51. (previously presented) The apparatus according to claim 27, wherein one of the direction(s), speed and magnitude of the reciprocal movement may be predetermined by the user via the control unit.

52. (previously presented) The apparatus according to claim 27, wherein the unit can remain substantially stationary relative to a user.

53. (previously presented) A method for operating apparatus as defined in claim 27, which method comprises the user applying an initial pressure which is sensed by a pressure sensor, recording the initial pressure value sensed by the pressure sensor, and applying vibrational stimulation to the user by a vibrational stimulator in response to the user applying pressure to the pressure sensor which exceeds a threshold pressure value determined by the initial pressure value.

54. **(new)** An exercise apparatus for muscular stimulation of a user, which apparatus comprises

a pressure sensor,

a control unit to which pressure values sensed by the pressure sensor are fed, and

a vibrational stimulator for applying vibrational stimulation to a user,

wherein

the vibrational stimulator is adapted to be activated by the control unit in response to the pressure sensor sensing an applied pressure which exceeds a threshold pressure value, and

the vibrational stimulator includes a unit which is adapted to both

(i) apply vibrational stimulation to the user when the vibrational stimulator is activated by the control unit, and

(ii) in addition to said vibrational stimulation, reciprocally move, in a predetermined manner, relative to the user in response to the pressure sensor sensing an applied pressure exceeding the threshold pressure.